Being New at ISU: Student Session
Meet your team

• Introduce yourself to your team
  • Name
  • Hometown
  • Major

• Check out your team's name (on your table)

• Your Cyclone Aide will serve as your guide during the Ultimate Cyclone Challenge
The Ultimate Cyclone Challenge

• Work with your team to compete in our trivia challenge
• Answers and hints can be found in the presentations
• Learn more during the small group break out
• Use your resources! (AKA Cardinal Directions)
• Take notes
• Look out for Action Items
Part I

- Important dates
- AccessPlus
- Housing
- Dining
August 1       Fall UBill ready in AccessPlus  
August 14      On-Campus Apartment Move-In  
**August 16**  New Student Move-In (even-numbered rooms)  
**August 17**  New Student Move-In (odd-numbered rooms)  
August 18-20   Destination Iowa State  
August 20      Fall UBill due  
August 22      Fall 2022 classes begin  
September 5    Labor Day – no classes  
October 1      Begin 2023-2024 FAFSA and OneApp  
October 14-16  Cyclone Family Weekend  
October 15     Mid-term reports  
November 21-25 Fall break – no classes  
December 12-15 Final Exams  
December 16    Fall semester ends
Destination Iowa State

• Make connections
• Prepare for classes
• Explore campus
• Experience traditions
• Join Cyclone Nation
• Be well. Be safe. Be resourceful.

August 18-20, 2022
AccessPlus – Your student portal

• Pay Your UBill
• Set Up Third Party Access
• Change your information (phone number, address, etc.)
• View midterms and final grades
• Sign up for ISU Alerts
• Look for jobs
• So much more!
AccessPlus – Third Party Access

- You can grant a family member access to certain parts of your account
- You choose who can log-in and what they can view
  - Class Schedule
  - Grade report
  - Unofficial transcript
  - Financial aid status
  - Dining Dollars (view/add)
  - CyCash (view/add)
  - University Bill (view/pay)
  - Enrollment certification
  - Tax credit information
**AccessPlus – Your information**

**Cardinal Directions – Pg. 10**

accessplus.iastate.edu
Move in

• Dates
  • Friday, August 12: Sorority recruitment move in
  • Saturday, August 13: Apartment/Early move in (fees may apply)
  • Tuesday, August 16: New student move in (even-numbered rooms)
  • Wednesday, August 17: New student move in (odd-numbered rooms)

• Move-in Crew

• Move-in process
  • 30-minute parking pass
  • Unload belongings and move vehicle
ISU Dining: Using your meal plan

- Breakfast as early as 6:45 a.m. to a late-night snack after 9 p.m.
- Over 20 locations
  - Near your residence hall and classrooms
- GET App
<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Meals/Access Per Semester</th>
<th>Flex Meals Per Semester</th>
<th>Dining Dollars Per Semester</th>
<th>Rate Per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardinal (Default)</td>
<td>Unlimited</td>
<td>14 ($10 value)</td>
<td>$100</td>
<td>$2,316</td>
</tr>
<tr>
<td>Cyclone</td>
<td>Unlimited</td>
<td>20 ($10 value)</td>
<td>$300</td>
<td>$2,538</td>
</tr>
<tr>
<td>Gold</td>
<td>200</td>
<td>15 ($10 value)</td>
<td>$200</td>
<td>$2,176</td>
</tr>
<tr>
<td>CyFlex</td>
<td>60</td>
<td>160 ($11 value)</td>
<td>$75</td>
<td>$2,538</td>
</tr>
</tbody>
</table>

All meal plans include up to 10 visits per week to GET & Go!
Off-campus or apartment meal plans

Silver
- 150 meals/semester
- $300 Dining Dollars/semester
- Cost: $1,990 per semester

Bronze
- 125 meals/semester
- $275 Dining Dollars/semester
- Cost: $1,690/semester

Block Meals
Flex Meals or dining center access, purchase in bulk for a discount

Dining Dollars
Purchase in bulk via the Housing/Dining Portal for a discount

Finalize your meal plan choice before August 1!

Additional Resource: SHOP Food Pantry theshop.stuorg.iastate.edu
Part II

- Finances
- Student resources
- Principles of Community
- Diversity, equity, and inclusion
Student finances

- How will you pay for school?
- Do you need a part time job?
- How will you budget?

Office of Student Financial Aid
- Help with FAFSA
- Advising to assist with financial hardships
- Discuss types of loans
- Go over loan action steps
- OneApp for scholarships

Office of Student Financial Success
- Help with:
  - Budgeting
  - Student loans
  - Credit
  - Savings
  - Working/Earning
  - So much more!
- One-on-one advising

Cardinal Directions – Pg. 19
financialaid.iastate.edu
financialsuccess.iastate.edu
The Dean of Students Office is made up of 14 different departments:

• Academic Success Center
• Center for LGBTQIA+ Student Success
• International Students & Scholars Office
• Margaret Sloss Center for Women and Gender Equity
• Office of Multicultural Student Affairs
• Parent and Family Programs
• Office of Sorority and Fraternity Engagement
• Student Accessibility Services
• Office of Student Assistance
• Office of Student Conduct

• Student Legal Services
• Student Support Services (TRIO)
• Military Affiliated Student Center
• Writing and Media Center

Sharron Evans, Esq. // Dean of Students
Cardinal Directions – Pg. 20

dso.iastate.edu
Academic success

Academic Success Center
- Tutoring
- Academic coaching
- Supplemental instruction

Writing and Media Center
- One-on-one consultation
- Workshops
- Writing groups

Academic advisors
- Keep you on track for graduation
- Connect you to department or college-specific resources

Faculty
- Office hours
- Appointments

Have you thought about school supplies?

Cardinal Directions – Pg. 10
asc.dso.iastate.edu
wmc.dso.iastate.edu
RICHNESS OF DIVERSITY FROM HONEST & RESPECTFUL EXPRESSION OF IDEAS PRINCIPLES OF COMMUNITY COOPERATION

FREEDOM FROM DISCRIMINATION PURPOSE OF IDEAS

Cardinal Directions – Pg. 22
diversity.iastate.edu
Diversity, equity and inclusion

- Students at Iowa State come from:
  - Every state in the country
  - Over 100 countries across the world
- Our goal to create a welcoming campus climate for all students, faculty, and staff
- Office of Equal Opportunity
- Identity-based support services:
  - Multicultural Student Affairs
  - Military Affiliated Student Center
  - The Center for LGBTQIA+ Student Success
  - The Margaret Sloss Center for Women and Gender Equity
  - Directors of Multicultural Student Success
Part III

- Student Health and Wellness
- Campus safety
- Navigating campus
- Getting involved
Student Health and Wellness: Thielen Student Health Center

- Located conveniently on campus
- Open during business hours Monday-Friday
- Full-time physicians and registered nurses
- Pharmacy services
- Allergy clinic, physical therapy, x-rays, wellness programs, and nutritional testing
- $126.50 mandatory student fee plus $8 facility fee
- Submit proof of immunizations on AccessPlus under “Student Health Center” by July 31
- Submit health insurance information via AccessPlus before school starts
Student and Scholar Health Insurance

• Talk with your family about insurance:
  • Are you covered while you’re a student living in Ames?
  • What needs will you have while at Iowa State?
  • What happens if you need to see a doctor?
  • Am I covered if I need to go to the emergency room?

• You can enroll in a plan through Blue Cross/Blue Shield and/or Delta Dental of Iowa for additional insurance
Wellness

Student Counseling Services
• 3rd Floor, Student Services Building
• Stepped-care model, assessment, and treatment recommendations
• Individual or group
• Biofeedback program

Student Wellness
• Peer wellness educators
• Prevention, support and resources

Required Online Trainings
• AlcoholEDU
  • Substance abuse prevention
  • Available July 1-August 1
  • Located in Canvas
• Mental Health Program for Students
  • Mental health training
  • Interactive, virtual-role play
  • Available July 1 – August 1
  • Located in Canvas

Recreation Services
• Lied Recreation Center
• State Gym/Beyer Hall
• Forker Building
• Intramural sports
• Outdoor Recreation

Cardinal Directions – Pg. 18
cyclonehealth.iastate.edu
Iowa State University Police support you as an ISU student

- Non-emergency line (515 294-4428)
- Save this number now

Use common sense just like you would at home

- Lock doors, mark belongings, purchase bike lock, use buddy system or Guardian app

HelpVan
SafeRide ISU
ISU Guardian
• Sign up in AccessPlus
• Campus emergency notification system
• Phone call, text, and email notification
• Choose one notification method or all methods

accessplus.iastate.edu
Sexual violence prevention

- Iowa State does not tolerate sexual violence
- Everyone engages in violence prevention
- Efforts to create a safer community include:
  - Prevention skills training
  - Outreach and programming
  - Complete Violence and Discrimination Prevention and Awareness training
- Green Dot increases awareness and skills to support a safer community
- Multiple programs throughout the year to promote awareness and prevention efforts, including DIS

Cardinal Directions – Pg. 21 studentwellness.iastate.edu/greendot.
Navigating campus

- CyRide
- Vehicle Pass // Register via AccessPlus beginning July 21
  - $166 per year at residence halls
  - $124 per year for stadium permits
  - $64 per year for motorcycles
- Bikes
  - Register with university (no charge)
  - Quality locks are recommended
  - Park in bike racks on campus
  - Bike maintenance stations on campus
- CIT bus shuttle to Chicago area
- Executive Express Shuttle to Des Moines Airport

Cardinal Directions – Pg. 21
parking.iastate.edu
Getting involved

- 800+ student clubs and organizations
- ClubFest – August 31
- ISU AfterDark
- Student Union Board
- The Workspace, CyBowl & Billiards, The M-Shop
- Lecture series
- Theatre and music programs
- Sororities and Fraternities
Make an impact

• Honors Program
• Study Abroad
• Internships
• Learning Communities
• The Program for Women in Science and Engineering
• Undergraduate Research
• Capstone Experience
Iowa State athletic tickets

- Big 12 Conference
- ISU students get into the following sports for free:
  - Women’s basketball, wrestling, volleyball, and gymnastics
- All Sports Pass // $299
  - Home football and men’s basketball games
  - Cyclone Alley/FAN (Future Alumni Network) membership
- Football Only Pass // $175
  - All 7 home football games

Cardinal Directions – Pg. 14
cyclones.com
Breakout sessions

• Stay with your Cyclone Aide
• Make your Iowa State Game Plan
  • Getting involved
  • Using academic resources
  • Living on campus
• Come back at 2:00 PM for the Ultimate Cyclone Challenge
Action items

- Checklist in the ISU Guides App
- Checklist on the back of Cardinal Directions
- Resources:
  - Refer back to this presentation at admissions.iastate.edu/orientation/publications
  - Review online orientation
- Connect with your Cyclone Aide or team members over the summer!
Coming up next

- College Connections
  - Learn about your major and prepare for course registration

- Optional Evening Activities
  - Dinner at Friley Windows Dining Center
  - Evening Recreation
  - Family Coffee
  - The Scoop

- Day Two
  - Register for classes
  - Attend Resource Fair
  - Experience additional activities or sessions you missed this morning
Iowa State *fight song*

O we will fight, fight, fight for Iowa State,
   And may her colors ever fly.
Yes, we will fight with might for Iowa State,
   With a will to do or die,
   Rah! Rah! Rah!
Loyal sons forever true,
   And we will fight the battle through.
And when we hit that line we'll hit it hard
ev'ry yard for I.S.U.